Stay Alive Longer!

Ulcers Made, Not Born

Eliminate All Frustrations Including Nagging Wife!

By LELORD KORDEL

Dick Elliot was a Madison Avenue veteran who had learned all the angles. We were having luncheon together to celebrate his promotion. He was the new vice-president of his company.

He finished his second double martini, lit a cigaret, and looked around for the waiter.

"Don't you think we'd better order lunch?" I suggested.

"Hey, we're celebrating!" he said. "We can eat any time — if we get around to it. Sometimes I never quite make it."

"What about breakfast?" I asked. "Do you eat a good breakfast to make up for skipping lunch?"

"Sure," He laugheed. "A real husky breakfast. Coffee and cigarets."

By the time our food was set before us his face was beaded with perspiration, and he was doubled over with pain.

* * *

"Sorry," he mumbled, "but you'd better get me out of here. This pain . . . it's awful . . . like a white hot coal searing my stomach. What do you think—?"

I didn't have to think. I knew. Dick was having his first real ulcer pain. His celebration ended with a trip to the hospital.

Dick had become one of the 16,000,000 Americans — about one in every 10—who succumb to emotional pressure. What can we do to stop this inner gastric distress, compounded by the multiplying complexities of modern living in both business and home?

* * *

Just what is a peptic ulcer? It's an open lesion, or sore, on the wall of the stomach, left after erosion of the stomach lining. This erosion is caused by th epresence of an oversupply of hydrochloric acid in the gastric juice over a period of time. The acid irritates the lining and produces some erosion. Then the digestive juices begin to digest the affected area of the stomach, making a larger and larger crater. It isn't only what you eat that causes a stomach ulcer—it's what "eats you," as well!

Madison Avenue doesn't have a monopoly on the duodenum-scarred veterans of the hydrochloric acid war. We find them among lawyers, brokers, bus drivers, teachers, actors and sandhogs. No occupation offers immunity. Only among primitive peoples and in the mentally defective, are ulcers almost unknown.

* * *

By eliminating the causes, about 85 per cent of all ulcer sufferers can prevent further ulcers and treat the ones they already have. The other 15 per cent, including those who won't follow the rules for better living and those who fail to respond to treatment, require surgery. Ulcers are definitely made, not born.

Fatigue, anxiety, and emotional strain are apt to precipitate the attacks. The man who drives himself needlessly and worries endlessly may become the anxiety-ulcer victim. Unless he changes his high-tension routine to a more tranquilizing one, he may end up with a hemorhaging ulcer.

LELORD KORDELL

So much depends on what the patient himself does that I must emphasize his role in the treatment and prevention of ulcers. Prevention is the best cure. You cannot cure peptic ulcers until you find a way to prevent their recurrence. Eliminate as completely as possible any conflicts, social maladjustments, or frustrations—even a nagging wife.

I don't mean that you should eliminate your wife — only her nagging! By any reasonable—or, if necessary, unreasonable—method. Blow your top if you must. In fact, that would benefit your ulcer.

* * *

The next time I saw Dick he was home from the hospital, feeling sorry for himself and worrying over his illness.

"What am I going to do now?" he asked. "Be an invalid for the rest of my life?"

"The first thing to do," I said, "is to change your frame of mind. An uncomplicated ulcer can start healing in a matter of weeks—but only under favorable conditions. You may have to replan and regulate your life. You must have calm and freedom from stress."

"That's a big order," Dick said. "Where do I start?"

"Right where you are," I said. "Quit worrying about your ulcer. Stop being so fiercely competitive. Avoid overwork and tension as much as possible.

* * *

"Malnutrition," I said, "often accompanies a nervous, high-strung disposition such as yours, Dick. Start eating regular, nourishing meals—instead of drinking them. You can't substitute alcohol and coffee for food, as you often do, without suffering from ulcers, nervous disorders, vitamin and mineral deficiencies, and other illnesses."

"All right," said Dick. "So I mustn't drink, and I must eat. But what? A monotonous milk and cream and boiled-egg diet?"

"Not any more," I said. "The old-fashioned ulcer diet did more harm than good. You need the complete protein foods to neutralize he excess stomach acid and speed up the healing. I recommend broiled steaks, chops and eggs. You're probably deficient in blood serum protein; most pepticulcer patients are."

* * *

"So I must eat regularly and cultivate peace of mind, said Dick, "Anything else?"

"Yes," I said. "Stop being so doggedly ambitious. Eat adequately and rest enough to avoid the fatigue which causes you to lose control of the secretion of gastric juices. Be sure that the acid doesn't pour into your stomach with no food there to neutralize it. Keep milk and crackers handy to ease the worst of the ulcer 'hunger pains.' Have a jar of skim milk powder in your bedroom and office. It dissolves instantly in water, tastes like fresh milk—and will forestall a painful attack."

"Powdered skim milk," said Dick. "I'll make a note to buy it by the case—" He grinned. "—the way I used to buy Scotch."

Tomorrow: Use your mind to keep you well. Test your mental health.

Car Stylists Elect Mollet

Ken Mollet of Deep Cove was elected president of Saanich Peninsula Auto Restylists at the first annual meeting. Other executive members of the young men's organization, which is interested in car rebuilding and driving safety, are Ken Thorne, secretary; Don Watling, treasurer; Barry Bennett, Clutch Chatter representative; Ken Cruikshank, membership committee; Duncan Gurton, Island Timing Association representative, and Reid Hannan, club historian.

Alcorn Starts Series On Religious Problems

Dr. Douglas Alcorn will begin a series of discussions dealing with controversial religious problems at a meeting of the Unitarian Fellowship, Friday at 8 p.m. in suite 410, 745 Yates.

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Oak Bay's St. Mary's Church Names Wardens, Committees

H. A. Brown was appointed rector's warden at the annual parishioners' meeting of St. Mary's Church, Oak Bay, in the parish hall.

Unanimously re-elected people's warden and treasurer was C. F. Drager.

Rev. H. J. Jones reported there had been an excellent year with 25 per cent of the income spent on extra-parochial work. He also announced tenders for the new church had been called.

Elected to the church committee were: Cmdr. A. H. Baker, Capt. H. S. Beckton, P. H. B. Dawson, J. M. Deane, H. J. Evennett, E. E. Lord, W. Luney, T. C. Prutton, C. T. Teasdale and Col. W. W. Turner.

Synod delegates: Mr. Brown, Mr. Evennett, G. B. Deakin, H. A. Powell, Mr. Teasdale and Maj. K. MacDougall. Alternates: H. H. Cullis, W. Hayward and Col. Turner.

Ruri-decanal conference delegates: Mrs. A. H. Baker, Mrs. H. S. Beckton, Mrs. A. H. Stokes, Mr. Evennett. Alternates: Mrs. J. Fehler and Mrs. B. Shaw.

Missionary committee: Mrs. Baker, Mrs. T. B. Bird and Mrs. Stokes.

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1 WALNUT BUTTER TARTS

3 medium eggs
1 cup chopped walnuts
1 cup Rogers Golden Syrup
½ cup granulated sugar
1 teaspoon cinnamon
½ teaspoon salt
1¼ teaspoons all-purpose flour
3 tablespoons melted butter

Slightly beat eggs. Mix in all other ingredients. Fill pastry lined tart pans ⅔ full. Bake at 350° for 35 to 45 minutes until filling is browned and "set". Makes a dozen 2½ inch tarts.

2 ROGERS CARAMEL CUSTARD

6 tablespoons granulated sugar
5 eggs
½ cup Rogers Golden Syrup
4 cups scalded milk
Dash of cinnamon or nutmeg
¼ teaspoon salt

Melt sugar in custard mold or pan. Tilt mold until melted sugar coats bottom and sides. Let harden. Beat Rogers syrup into hot milk. Beat eggs and add slightly cooled milk. Add spice and salt. Pour into mold. Set in a pan of hot water and bake at 325° until firm. About 1½ hours.

3 PERFECTION CUSTARD PIE

1 9-inch unbaked pie shell
4 medium eggs
¾ cup granulated sugar
¼ teaspoon salt
1½ cups Rogers Golden Syrup
1 tablespoon flour
2 tablespoons melted butter
1 teaspoon vanilla

Beat eggs lightly. Add sugar and remaining ingredients. Mix well. Pour into pastry-lined pie plate. Bake at 400° for 10 minutes. Reduce heat to 350° and bake about 40 minutes more or until firm.

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